

WHAT IS HOLIDAY STRESS AND HOW TO FIGHT IT



WHAT IS HOLIDAY STRESS AND HOW TO FIGHT IT?

The Christmas season is upon us and the holidays are going to be full of cheers. However, the holiday season can also be a bit stressful for some of us. These days offer us with shopping, parties, entertainment and much more. On the flipside, you can also see these offerings as demands. Since, we set high expectations for the holidays, we might also face stress if these expectations are not met.

For the majority of Americans, holiday stress is caused from interaction with family and friends. The sadness might come from the memories of the past holidays that nothing has changed since last Christmas or even from looking at other people being more joyful than us.

No matter what might be causing the stress; you can take on the following tips to avoid it:

1. Accept Your Feelings

Holidays can often bring back sad feelings if you had recently lost a loved one. If you are sad about such a fact, it is best to understand it and know that it is all right to feel sad. In such a case, it is best to share stories about the good times spent with the family member or the good times spent in general.

2. Don't Set Non-Realistic Expectations

Talk to their children about what they're expecting Santa to get for them this winter. The holiday stress can be minimized if you know that your children and the others in your family have the same expectations for the holiday. Don't expect your holidays to be perfect and always keep a good mood and lookout for all the goodness that you can see.

3. Uniqueness Is Good

If your usual family get-togethers are getting too usual, your lunches or dinners can get a wee bit boring. If such a thing is happening, bring a game or a fun activity to the place. Plan something out of the box and try to activate everyone to the best of your efforts. You will cheer everyone up and make this a memorable holiday.

4. Learn To Say No

Saying yes at times when you know that you should reject or refuse can create resentment. Hence, be honest with your family members and let them know the reason for your rejection. Such a situation can arise at multiple times in the holiday season where you might feel the need to agree to things that you don't want to.

Related Article:

<http://www.researchomatic.com/New-Research/How-to-Handle-Stress-91996.html>